

Dessert Substitutes for Baking

If you're baking a chocolate cake and don't have any baking chocolate, try mixing three tablespoons of plain cocoa powder with one tablespoon of butter, margarine or corn oil.

If you run out of eggs, you may substitute three tablespoons of the liquid for one egg when the recipe calls for several. It's also wise to keep powdered eggs on hand for these occasions. (Other alternatives are powdered buttermilk and powdered egg whites.)

If you are watching your cholesterol, take the yolks out of eggs, and just use the whites in the recipe.

Try replacing sugar with 1/2 cup apple juice concentrate. Just make sure when replacing sugar in a recipe with a liquid sweetener such as apple juice that you reduce the liquid content of the recipe by 1/4 of a cup.

If a recipe calls for one cup of honey and you don't have any, you may use 1-1/2 cups regular sugar, plus 1/4 cup of liquid instead.

If you've used the last of the fresh milk, you may substitute evaporated milk that has been diluted by half with water.

Don't have the buttermilk called for in a recipe? Simply add one tablespoon lemon juice to one cup milk. If you have yogurt on hand, substitute an equal quantity.

If you don't have 12 hours to chill the evaporated milk, pour 10 oz of the milk into a freezer tray, and let it sit in the freezer until it gets slushy. It's very important to not let the milk freeze. After removing the tray from the freezer, pour the milk in a bowl and whip until it stands in peaks.

Solid vegetable shortening may be substituted for any recipe calling for oil or butter. It also has an indefinite shelf life.

If you need some confectioner's sugar to dust your pound cake, but you don't have any, try granulated sugar. Just put the same amount sugar that your recipe calls for in a blender with a dash of cornstarch and blend on medium-high. The cornstarch in the mixture will keep the granulated sugar from caking onto your blender blades. When finished, sprinkle the powdered mixture onto the cake, just as you would confectioner's sugar.

In place of fat-filled cream cheese topping on carrot or sponge cakes, use reduced -fat cream cheese from skim milk and 2 tablespoons honey, then flavor with lemon zest.